

NOVEMBER 10-11, 2017 WORKSHOPS
at Sukhasiddhi Foundation

HEART LAND

with ZULEIKHA
international performer, and educator

**“Movement with Joy
Brings Healing”**

FRI NOV 10

- **HEART BEAT**

*Into the Gratitude Zone ~
Dance Your Heart Out*

Celebration & Discovery in Movement
Everyone Welcome.
7:30pm - 9:30pm \$45

SAT NOV 11

- **HEART & BODYLISTENING[®]**

A floor-based movement awareness
practice. An invitation to explore.
10am - 1pm \$45

- **HEART & SOUL PAINTING**

Creative imagination through movement.
An invitation to inspiration.
2pm - 5pm \$45

2 workshops \$80; 3 workshops \$115

Sukhasiddhi Foundation
771 Center Blvd, Fairfax, CA 94930
Registration: www.sukhasiddhi.org
info@sukhasiddhi.org
Phone 415-462-0127



When the spirit moves inside you, there is an opening for new insight. Explore movement and inner body awareness. Inhabit the body you are.

Everyone welcome—those who are well and those who are healing.

ZULEIKHA is an inspired international performer, movement artist, and educator. Her innovative Take a Minute™ Everyday Self-Care Exercises and BodyListening[®] Movement Arts draw on movement, breath, and rhythm to integrate heart and mind, body and spirit. Founder and executive director of the nonprofit organization, The Storydancer Project, Zuleikha works worldwide to bring greater health, resilience and joy to girls, women, children, and families who face challenging life circumstances. Zuleikha is renowned for her “Storydance” performances and for creative collaborations celebrating the poetry of Rumi. She is the recipient of humanitarian awards for her work in the world promoting positive personal and social change. storydancer.com